Referral guide to Falls Prevention Services

Triggers for referral:
> Recent hospital admission, Emergency Department presentation, or SA Ambulance Service callout for a fall
> Client reports having had a fall, trip, or slip (with or without injury)
> Client appears unsteady
> Assessment reveals:
  - Balance decline
  - Risk factors for falls

When determining what service options are most suitable consider:
> Is a comprehensive falls risk screen/assessment required?
> What is the level of urgency?
> What is the level of complexity?

Falls and injury risk level

The patient’s risk factors are few and simple.
For example: Reduced strength or unsafe bathroom set-up.

The patient has been identified as having multiple risk factors
For example: Reduced balance, foot care and home safety issues
OR would benefit from a comprehensive falls risk factor assessment/plan

For patients who are at high risk of falling and/or have a complex medical picture.
For example: Dizziness, polypharmacy, cognitive impairment, history of fracture.

Depending on needs, consider referral to:
> Day Therapy Centre
> Strength for Life – Fitness and Balance Program
> Private Provider (Physiotherapist, OT, podiatrist, exercise physiologist) using private health cover, DVA or Medicare TCA/GPMP
> Other Community Exercise Group

Refer to or intensify existing services at:
> Southern Community Falls Prevention Team
> Day Therapy Centre
> DVA for assessment (via GP referral) if eligible.
> Existing Home Care Package.
> Other relevant services—e.g. Domiciliary Care

Refer to:
> Falls Assessment Clinic – which is a geriatrician-led multidisciplinary service
> Refer the client directly to a specialist geriatrician if required
> For hospital avoidance services Metropolitan Referral Unit (MRU)

Not Sure? For assistance in determining the appropriate service—
Refer to Southern Community Falls Prevention Team (SCFPT)
OR Phone 1300 0 FALLS (1300 0 32557) to speak with a member of the SCFPT
For other Falls Prevention Services: Southern Falls Prevention Service Directory